

# 2022 Get Fit Texas!

## Quick Start Instructions



### Step 1: Understand the Get Fit Texas Challenge

- Ten-week competition from **January 10 – March 20, 2022**
- Participants must achieve 150 minutes of physical activity per week in at least six weeks to complete the Challenge.
- Agencies compete based on who finishes with highest percentage of total full-time employees (FTEs) that complete the Challenge.

**Step 2:** Complete the registration process at [getfittexas.org/register](https://getfittexas.org/register). Registration is required each year.

### Step 3: Use the website's Menu Bar to navigate.

- **Enter New Activity:** Submit individual records of physical activity.
- **Fitbit Import:** Import recorded Fitbit activities into your Get Fit activity log
- **View History:** Displays each physical activity record you have submitted during the Challenge.

### Step 3 (continued)

- **Calendar:** Wellness events calendar with live and pre-recorded opportunities for you to maintain your health and well-being.
- **Edit Profile:** Edit profile information at any time without losing or altering physical activity data previously entered.
- **Share Feedback:** Submit suggestions on how to improve the Challenge and the Get Fit website.
- **Share Your Story:** Share your successes, tips, tricks, words of encouragement, or your "why" for participating in the Challenge.

**Step 4:** Participate in the Challenge by recording physical activity data with the goal of filling six (hopefully more!) weekly stars to complete the challenge.

Once you complete the Challenge, an icon will appear on the lower right of the Dashboard screen enabling you to view a Challenge Completion Certificate.

For questions, email [wellness@dshs.texas.gov](mailto:wellness@dshs.texas.gov).



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